



# Start Smart Sports

Start Smart Programs, created by the National Alliance for Youth Sports, helps kids get ready for sports...and succeed in life. It is a step-by-step approach that builds confidence and self-esteem, and makes sports fun. It's easy to set up. Kids and parents will have a positive sports experience together. START SMART was developed by top motor skill development specialists in the field of youth sports. Parent-child groups perform motor skill tasks that gradually build confidence in children while they are having fun at the same time. The START SMART Sports Readiness Test helps parents objectively measure kids' abilities. As the program progresses and children show improvement, the skill stations are altered so that each child remains challenged. Parents spend quality time together with their child while learning how to properly teach and support them in sports.

## Baseball

Start Smart Baseball is a developmentally appropriate introductory baseball program for children 3-5 years old. The program prepares children for organized tee ball, baseball and softball in a fun nonthreatening environment.

Start Smart Baseball prepares children and their parents for organized baseball and softball without the threat of competition or the fear of getting hurt. Age appropriate equipment from Franklin Sports® and Hasbro® is used in teaching throwing, catching, batting, running and agility. Each participant will take home a ball, bat, glove and t-shirt.

## Basketball

Start Smart Basketball teaches children ages 3-5 the basic motor skills necessary to play organized basketball while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents skills in dribbling/ ball handling, passing/catching, shooting and running/agility without the threat of competition or the fear of getting hurt. Held once a week for 6 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement. Each participant will take home a basketball and a t-shirt.

## Soccer

Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3-5 years old. The program prepares children for organized soccer in a fun non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the threat of competition or the fear of getting hurt. Age appropriate soccer equipment from Kwik Goal® and Koosh® is used to teach kicking, dribbling, trapping, throw ins and agility. Each participant will take home a soccer ball, shin guards and t-shirt.

## Football

Start Smart Football teaches children ages 5-8 the basic motor skills necessary to play organized flag football while they work one-on-one and spend quality time with their parents. The program focuses on teaching children, and their parents, skills in throwing, catching, kicking punting, and running/agility without the threat of competition or the fear of getting hurt. Held once a week for 6 weeks, and each week the exercises become increasingly more difficult as the class progresses and the children show improvement. Each participant will take home a football, kicking tee and a t-shirt.

## Golf

Start Smart Golf is a developmentally appropriate introductory golf program for children 5-7 years old. It is a parent participation program for young children who have never played golf. Start Smart Golf teaches parents how to teach their child golf using fun, developmentally age appropriate equipment from SNAG® that can be used almost anywhere. Start Smart Golf prepares children for traditional golf without the threat of competition or the fear of failure. Each child receives a t-shirt.

**Westfield Parks and Recreation  
Department**



## Start Smart Sports

Child's Name \_\_\_\_\_ Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_ Child's Age \_\_\_\_\_

Email Address \_\_\_\_\_

Start Smart Baseball (March 24 thru May 6) Cost \$61.00 \_\_\_\_\_

Start Smart Soccer ( May 5 thru June 17) Cost \$61.00 \_\_\_\_\_

Start Smart Football ( June 16 thru July 29) Cost \$61.00 \_\_\_\_\_

Start Smart Basketball (July 28 thru Sept. 9) Cost \$62.00 \_\_\_\_\_

Start Smart Golf (Sept. 8 thru Oct. 21) Cost \$56.00 \_\_\_\_\_

Total \_\_\_\_\_

These are parent/child activities. First week of program is parents only and will be held at Westfield Public Works Building in the Conference Room on Monday night. All classes are held at Maple Glen Elementary School Gym on Tuesday night.

You may also visit our website at [www.westfield.in.gov/parks/](http://www.westfield.in.gov/parks/) and go to the programs and events page to register for these activities. If you have trouble there, please fill out this form and return it with your check to:

Westfield Parks and Recreation Department

2706 E. 171<sup>st</sup> St.

Westfield, Indiana 46074

If you have any additional questions please feel free to call us at 317-896-5452 ext. 150.